March - Lesson Plan Grades 2-3

FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn that raisins are dried grapes.

Learn where and how grapes are grown.

Learn some ways grapes are eaten.

Supplies Needed

March

Pick a **better** snack[™] & **Act** bingo card

2nd Grade:

Fresh plums
Prunes

Raisins for tasting Measuring cup

3rd Grade:

Grapes

Raisins for tasting and activity

Measuring cup

Tasting Opportunities

Featured Fruits: Raisins (dried fruit)

Background

Raisins are sun-dried grapes. (Some are dried in different ways than sun-drying.) Grapes are picked by hand around the end of August when they are ripe. The grapes are laid out on paper trays and dried in the sun. It takes about three weeks for the grapes to dry to raisins!

A vineyard is the name of the place where grapes grow. Grapes grow on plants that are called vines; hence a vineyard. A vine is any plant with a long stem that grows along the ground or climbs a support like a fence by winding or clinging with tendrils that clasp onto the support as it grows.

One popular story of when grapes were first dried into raisins in the United States occurred in 1873. There was a drought and many of crops dried up. The resulting dried grapes were marketed as "Peruvian Delicacies." They were very popular and sold out quickly!

It takes about four and one-half pounds of grapes to yield 1 pound of raisins.

Most raisins are made from the Thompson Seedless Grape. Most of the raisins we eat in the United States are grown in California.

Raisins taste very sweet because the sugar inside them concentrates as the grapes dry. Sometimes they are called "nature's candy"! They also contain fiber and iron. Iron is a mineral the body needs in small quantities.

Other fruit can be dried like grapes. Have you tried dried plums, apricots, apples, pineapples, or pears?

Another name for a dried plum is a prune. Plums grow on trees. The plum orchards have water and nutrients added to the soil. In the early spring, blossoms on the plum trees develop and the fruit begins to grow. The fruit continues to

FOCUS ON FRUITS

grow until it is ready to be harvested. A machine grabs the tree trunk and a layer of fabric catches the fruit. The plums are washed, dehydrated, and pitted.

In 1905, a farmer had an idea to bring 500 monkeys from Panama to pick the plums. The monkeys were divided into groups of 50 and let loose, with human supervision, in the orchard. The monkeys did a good job picking the fruit. However, the monkeys ate all of the fruit they picked!

Most of the plums in the United States are grown in California.

One-fourth cup of dried fruit is equivalent to one-half cup of fruit.

Dried fruit is "sticky" and can cling to teeth. It is important to brush our teeth after eating dried fruit.

Note to teachers: Dental health professionals recommend that sugary, sticky fruits, such as raisins, should be eaten with other foods (at a meal) or all at once (e.g. one box of raisins) rather than snacking on small amounts throughout the day. If a child can't brush their teeth, sugar-free gum may be a reasonable substitute to remove sticky sugar from their teeth.

*Information adapted from www.sunmaid.com, www.calraisins.org and www.californiadriedplums.org

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov www.fns.usda.gov/eatsmartplayhard

Do the Activity: 2nd Grade

As a class or in groups of three to four students, measure 1 cup of fresh plums and 1 cup of prunes. Count each of them. Compare the number of fresh and dried plums needed to make 1 cup.

3rd Grade

As a class or in groups of three to four students, measure 1 cup of seedless green grapes and 1 cup of seedless raisins. Count each of them. Compare the number of grapes and raisins. Compare their weights.



FOCUS ON FRUITS

Talk It Over: 2nd Grade

Why are there more prunes in a cup than plums? (The water was dried out of the plums, making them smaller)

3rd Grade

Why are there more raisins in a cup than grapes? (The water was dried out of the grapes, making them smaller.)

Apply:

How can you tell the difference between a raisin and a grape?

Shape: a grape is plump and round; a raisin is small and wrinkled.

Taste: A grape is tart, soft, and juicy, like a grape! A raisin is sweet and chewy, like a raisin!

Raise your hand if you like grapes. Why do you like grapes? How many of you like raisins? Why do you like raisins?

When might you eat raisins? (for breakfast, lunch, snack, in a salad, anytime) There are many ways to eat raisins. Raise your hand if you have eaten raisins in any of the following ways:

Plain, right out of the box Oatmeal-raisin cookies In cereal like "Raisin Bran"

In trail mix with other dried fruits and nuts

In the recipe: "Ants on a Log" where you spread peanut butter on a stalk of celery and add the "ants" (raisins) on top of the peanut butter and celery "log."

In rice pudding

In salads like "Carrot and Raisin" salad



Tasting Opportunity

Have students wash their hands. Distribute raisins for the students to sample. They can then put an "X" through the bingo square of the fruit that they sampled.

How would you get raisins ready to eat as a snack? Raisins- Eat. (How easy is that?)

On the back of the Pick a **better** snack[™] & **Act** bingo card for each month, there is information for their parents and grandparents. Ask students to take the bingo card home and ask their family to pick out a snack idea to try at home.



FOCUS ON FRUITS

Extend the Activity



Art, Music & PE Draw pictures of day to day observations of the raisin rehydrating experiment. (See Science & Health lesson extender.)



Language Arts & Reading

After experimenting with the Science & Health extender, write a documentary book for the classroom with the results. (Could also use pictures from the art activity.)



Math

 $\frac{1}{4}$ cup of dried fruit is equivalent to $\frac{1}{2}$ cup of fruit. Measure $\frac{1}{4}$ cup of raisins. How many raisins are in $\frac{1}{4}$ cup? Then figure how many raisins would be in $\frac{1}{2}$, $\frac{3}{4}$ and 1 cup.



Science & Health

How long does it take for raisins to re-hydrate? Put some raisins in a bowl of water and observe for several days.



Social Studies

Mark on a map where grapes are grown. What makes a good location to grow grapes?

